

REBT Anxiety And Worry Workbook (Rational Emotive Behavior Therapy (REBT) Learning Program) By Eileen Drilling

By Eileen Drilling

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Journal of Rational-Emotive & Cognitive-Behavior Therapy (16 September 2010), Wolfe and Naimark (Using rational-emotive therapy effectively. Plenum, New York

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the founder of rational emotive behavioral therapy (REBT). Anxiety And Worry Workbook. and Director of the Anxiety Disorders Behavioral Research Program

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